



**Aug. 31, 2015**

# Island Insight

This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Garrison Internet page under "Information" and on the installation website at [www.usagria.army.mil](http://www.usagria.army.mil) under "News" and then "Local News."

**Island Insight Submission:** <https://home.ria.army.mil/sites/ii/ii.cfm>

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## ASC HHC Gets a New First Sergeant

1st Sgt. Previn Parker, U.S. Army Sustainment Command, passed Headquarters and Headquarters Company first sergeant responsibilities to 1st Sgt. Matthew Lashley, noncommissioned officer in charge, Support Operations, here, Sept. 3. Parker, who served as the HHC's first sergeant since 2013, is going to Army Field Support Battalion-Qatar to be the senior enlisted advisor to the commander.



He said leaving is bittersweet. "On the one hand, I am looking forward to moving on in my career, as we all must, but on the other hand, I am leaving a job I have truly loved," said Parker. Parker said he was grateful for the support he found in the community. "I truly cared about each and every one of you, and I hope I was able to impact you all in some way; you certainly left an impact on me," he said. "Please feel free to reach out to me in the future if I can do anything at all to help you." Staff Sgt. Joel Ramirez, who worked with Parker, said that Parker is a great role model and a humble leader. ([More](#))

## Upcoming Dates

- Sept. 8-10:** DA Photos, Bldg. 90, Basement, 7:20 a.m. - 3:40 p.m.
- Sept. 8:** Scream Free Marriage, Sn 1, ACS Trng. Rm., Bldg. 110, 5 p.m.
- Sept. 9:** Tenant Senior NCO Mtg., Arsenal Island Clubhouse, 11:30 a.m.
- Sept. 9:** Commencement Recognition Ceremony, Heritage Hall, Bldg. 60, 1 p.m.
- Sept. 11:** 9-11 Memorial Walk, Memorial Field Basketball Court, 6 a.m.
- Sept. 11:** Patriots Day Ceremony, 9-11 Memorial, 2 p.m.
- Sept. 12:** Battle for the Rock, Fitness Center, 8 a.m.
- Sept. 12:** S★A★M★C "To Hell and Back" 5K/10K Fun Run/Walk, 7 a.m.
- Sept. 15:** Scream Free Marriage, Sn 2, ACS Trng. Rm., Bldg. 110, 5 p.m.
- Sept. 17:** Exchange/Commissary Advisory Council Meeting, Bldg. 90
- Sept. 16:** RIAWC Bunco Luncheon, Arsenal Island Clubhouse, 11 a.m. - 1 p.m.
- Sept. 17:** Constitution Day and Citizenship Day, RIA
- Sept. 18:** National POW/MIA Recognition Day
- Sept. 22:** Scream Free Marriage, Sn 3, ACS Trng. Rm., Bldg. 110, 5 p.m.
- Sept. 24:** QC Honor Flight, QC Int. Airport, 5-7 departure; 9:30-10 p.m. arrival
- Sept. 29:** RIA Semi-Annual Employment - Education Event, Heritage Hall, Bldg. 60, 9:30 a.m. - 1 p.m.

### **First Army Hosts Information Briefing to Congressional Staffers**

Army Total Force Policy, sequestration challenges and First Army's training support mission were a few of the topics discussed at a Congressional staffers briefing hosted by First Army at its headquarters, Aug. 27. "Our hope is that after this briefing you come away with a better understanding of First Army's mission and to answer any questions that you may have," said Maj. Gen. Paul M. Benenati, First Army's deputy command general for support. Key staffers attending the briefing were Rob Leonard, national security advisor and Kate Jennings, staff assistant for Sen. Dick Durbin; Jennifer Mitchell, military/VA legislative assistant and counsel for Sen. Mark Kirk; James Rice, legislative assistant for Sen. Chuck Grassley; Ashley Shillingsburg, deputy chief of staff and legislative director and Henry Marquard, district representative, for U.S. Rep. Dave Loebsack; Barbara Sennet, veteran's and outreach coordinator, U.S. Rep. Cheri Bustos. ([More](#))



### **Schulz, Utzig Honored With Prestigious AMC Dellamonica Award**

U.S. Army Materiel Command has selected Martin Utzig and Joseph Schulz, from Army Sustainment Command, for the Louis Dellamonica award for excellence achieved in 2014. The annual list, which was announced Aug. 11, is meant to honor those senior employees who have significantly contributed to Army Materiel Command's mission and overarching goals and objectives. Schulz, who serves as the Deputy Director for the Installation Logistics Directorate, was gratified by the presentation of the award, but also sought to recognize those within his organization. "This is the culmination of a team effort in terms of accepting new missions and keeping everything moving over the last 3 years. We let the Army see itself and enable the installation to do its mission in support of senior commanders," he said. ([More](#))



### **Munitions Chief Co-Hosts TA4C, Shares Vision**

Senior leaders from Department of the Army Headquarters co-chaired a three-day Total Army Ammunition Authorization and Allocation Committee working group here, Aug. 18-20. Sue Carlson, Chief, Munitions Division, Office of the Deputy Chief of Staff, G-4, co-chaired the forum with Robert Grubbs, G-3/5/7, which included personnel from the Joint Munitions Command, the Program Executive Office for Ammunition and other Army commands, involved in the various aspects of managing ammunition. Carlson has served as the munitions chief in the Pentagon since July of 2005. Prior to her current position, she served more than 24 years as an Ordnance Corps Officer in the U. S. Army working in munitions specific and logistics oriented assignments. She believes her experiences help her understand the holistic picture and allows her to see the impacts in the ammo community. ([More](#))



### **National Preparedness Month**

National Preparedness Month is commemorated each September to emphasize preparedness' importance and to encourage Americans to take simple actions to prepare for emergencies such as tornadoes, hurricanes, active shooters, or terrorist attacks. During this twelfth annual NPM campaign, the Army's focus remains steadfast to educate, empower, and involve the Army

community in preparedness activities that enhance the Army's resiliency and increase the Nation's readiness for all-hazards events. To help prepare the Army Community, Ready Army encourages everyone to Be Informed, Make a Plan, Build a Kit, and Get Involved. A prepared community saves lives. Instituting emergency preparedness and education programs like Ready Army helps prepare the entire Army community. Under the National Response Framework, during an emergency, citizens are expected to be self-sufficient for 72 hours when base services such as water, power, and government support may not be available. The entire Army community must be ready to survive under these conditions. ([More](#))

### **Arsenal Island 9-11 Memorial Walk**

Maj. Gen. Kevin O'Connell, commanding general of U.S. Army Sustainment Command, invites you to take part in a 3.25 mile 9-11 Memorial Walk in memory of the 9,777 Americans who made the ultimate sacrifice on Sept. 11, 2001, and the subsequent Global War on Terrorism. Participants are asked to assemble by 6 a.m. on Friday, **Sept. 11**, at the Memorial Field basketball court on Rock Island Arsenal. Participants will receive a bundle of 25 small U.S. flags, each flag representing a life lost since 9-11, and asked to remember their deeds and sacrifices; we will carry their legacy into the future and forever honor their selfless sacrifices in the name of freedom. At the conclusion of the Memorial Walk, participants will humbly place their U.S. flags in a Field of Honor, which will remain in place until just after Reveille on Saturday, **Sept. 12**.



### **9-11 Memorial Remembrance Ceremony**

Maj. Gen. Kevin O'Connell, commanding general of U.S. Army Sustainment Command, invites you to attend a Remembrance Ceremony in memory of the 9,777 Americans who made the ultimate sacrifice on Sept. 11, 2001, and the subsequent Global War on Terrorism. The event takes place at the 9-11 Memorial (across from Memorial Field) at Rock Island Arsenal, Friday, **Sept. 11**, at 2 p.m.



### **Security Passes**

For people with a regular need to enter Rock Island Arsenal, such as the parents of children in the Child Development Center who are not government employees, passes are readily available. Please visit the post Security Office in Bldg. 225 during business hours to allow the staff to conduct a background check and issue a pass. Passes for up to one year are available for those with a regular verified need to visit the Arsenal. The Visitor Control Center has not opened as anticipated due to staffing and construction issues. The Physical Security Division is issuing badges in Bldg. 225, 2<sup>nd</sup> floor, which is accepting information to conduct NCIC III checks and issue badges for access to Rock Island Arsenal. The hours of operation are 6 a.m. – 3:40 p.m., Monday through Friday. POC is [Dale Heiser](#), 309-782-0551 or [usarmy.ria.imcom-central.mbx.usag-access-request@mail.mil](mailto:usarmy.ria.imcom-central.mbx.usag-access-request@mail.mil). Additional announcements will identify the opening of the visitor control center. Please address any questions to the above number or email address.

### **10<sup>th</sup> Annual Shoes for Veterans Drive**

IowaWORKS – Eastern Iowa's Davenport Center is holding its 10<sup>th</sup> Annual "Shoes for Veterans" Drive **July 1 through Sept. 11** leading up to the bi-annual Quad Cities Bridging the Gap: One Day "Stand Down" for Homeless Veterans. All donations will be distributed to our veterans at the "Bridging the Gap" Quad City Homeless Veterans "Stand Down" **Sept. 17-19** at the Quad City Expo Center in Rock Island. All monetary donations for footwear are tax deductible and will be graciously accepted. Donations of new shoes (or monetary amounts) can be dropped off on Arsenal



Island at R.I.A. Federal Credit Union during banking hours, as well as at IowaWORKS – Eastern Iowa, 902 W. Kimberly Road from 8:30 a.m. - 4:30 p.m., Monday-Friday, or can be picked up by veterans representatives [Jennifer Toenjes](#), 563-445-3200 ext. 43348, or [Craig Norris](#), 563-445-3200 ext. 43307.

### **VIOS Schedule for September**

Official DA Studio Photography (DA, Government Passport and Command Photos) will be offered at Rock Island Arsenal on **Sept. 8, 9, & 10**. Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7:20 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the [VIOS site](#) for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 90, Basement, Room B11). Priority is: 1. Active Duty Soldier's DA photos; 2. Official Government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - Command Photos will be printed and available digitally. Additional prints can be ordered in VIOS. All scheduled dates can be found on the [RIA VIOS website](#).

### **Blood Drives**

The Mississippi Valley Regional Blood Center is hosting a blood drive in the room outside the Lock and Dam Lounge (in Bldg. 60), on **Friday, Sept. 11 & 18, 10 a.m. – 3 p.m.** If you would like to donate at this blood drive, feel free to e-mail [SHoegerl@mvrbc.com](mailto:SHoegerl@mvrbc.com) with the time you'd like to schedule, or call their Donor Center at 563-359-5401, ext. 119.



**The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).**

### **S★A★M★C "To Hell and Back" 5K/10K Fun Run/Walk**

The Rock Island Arsenal Sergeant Audie Murphy Club is having its Inaugural "To Hell and Back" 5K/10K Fun Run/Walk on Saturday, **Sept. 12**, beginning at 8 a.m. at Memorial Field. All participants will receive an event t-shirt. Pre-registration for the event and a listing of start times for the individual events are at [www.getmeregistered.com/tohellandbackrun](http://www.getmeregistered.com/tohellandbackrun). Cost is \$35 per person; active duty are free (however if they want a t-shirt they must purchase it). Packet pick up begins at 7 a.m. Winners will be presented with an award at the end of the run to the top three male and female finishers in the competitive 10K. All proceeds support the SAMC Scholarship Fund.



### **NDIA & WID Sponsor Free Day at Putnam Museum**

The Iowa-Illinois Chapter members of the National Defense Industrial Association, as well as Women In Defense, are inviting you to a free day at the Putnam Museum, including a free showing of the D-Day movie narrated by Tom Brokaw, on Saturday, **Sept. 12**, 9 a.m. – 1 p.m., to celebrate the NDIA chapter's 70<sup>th</sup> birthday. Included in the events for the day are: • Early entry to the museum for a private viewing of the Arsenal of Innovation exhibit. An exhibit that describes the inventive and innovative spirit of Rock Island Arsenal. • Showing of the movie D-Day Normandy 1944 in 3D. Discover a new perspective on how D-Day changed the world. • Enjoy a lunch of pulled pork,



smoked chicken and hot dogs with all the fixings on the balcony overlooking the Quad Cities. • Enjoy all the Putnam exhibits after the official events have been completed. All these events and more are free to Iowa-Illinois Chapter members to celebrate our 70<sup>th</sup> anniversary of promoting national security. The event is free for up to five immediate family members and all children must be accompanied by a parent or guardian. You can sign up for this event by going to the [Iowa-Illinois web site](#) starting Saturday, **Aug. 1**. Further questions regarding this event may be addressed to Bob Radkiewicz at 309-798-8574.

### **Vietnam Veterans of America Chapter 299 Golf Tournament**

The Vietnam Veterans of America Chapter 299 will have their annual golf tournament on Friday, **Sept. 11**, at the Highland Springs Golf Course, 9500 35<sup>th</sup> Street, Rock Island. The tournament will be a preferred ball 4-nan scramble with a 1 p.m. shotgun start. The entrance fee is \$260 per team, \$65 per person. Cash prizes for 1<sup>st</sup> and 2<sup>nd</sup> place. The entry includes golf, hog roast (roast only \$10), door prizes, complementary keg of beer and sodas after golf, 50/50 raffle, and a commemorative gift. Questions call John Schneck 309-798-1255. ([More](#))

### **Water Outage and Museum Closure**

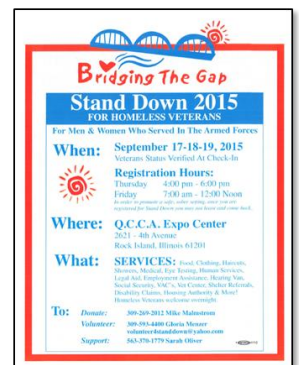
The Rock Island Arsenal Public Works department will conduct a water outage for buildings 60, 61, 62, 73 and 75 on **Sept. 12 and 13**. Because of the water outage, the Rock Island Arsenal Museum will close on the same dates. Water services will resume late in the day on **Sept. 13**.

### **RIAWC Bunco Luncheon**

Join us Wednesday, **Sept. 16**, 11 a.m. - 1 p.m., at the Arsenal Island Golf Clubhouse for a fun-filled luncheon of dice rolling and fabulous friends. As it is played today, Bunco is a social dice game involving 100 percent luck and no skill. No experience necessary to enjoy this fun game of chance. So bring your friends, your mom, your sister... bring them all. This year you can RSVP by calling or texting 309-230-3705 no later than Friday, **Sept. 11**. If calling or texting doesn't work, just email [riawcreservations@gmail.com](mailto:riawcreservations@gmail.com) for your reservations today. Meal cost is \$16, \$20 "meal deal" includes opportunity tickets; \$17 if you pay with a debit/credit card; \$21 for the "meal deal" with debit/credit card. We'll also be collecting donations for Cards for Troops items such as double-sided Scotch tape, packing tape, or money for those who want to make a donation; voluntary only.

### **"Stand Down" Bridging the Gap Hosts Event for QC Homeless Veterans**

Bridging The Gap-QCA will be holding a Stand Down for homeless veterans **Sept. 17, 18, & 19**, at the QCCA Expo Center in Rock Island. The purpose of Stand Down is to provide a one-stop-shop for homeless veterans to find homeless services. Thirty-plus Quad-City area agencies are expected to attend the event to offer services to homeless veterans to include food, clothing vouchers, haircuts, VA medical, human services, mental health services, legal aid, VA employment assistance, Social Security, VAC's, Vet Center, and goodwill employment services. "Bridging the Gap" Homeless Veterans Stand Down is more than an assemblage of services. It is a group of volunteers and participants brought together in the spirit of caring and respect to inspire the hope and strength and will of the homeless veteran so each can gather the individual, internal energy and initiative to rebuild his or her life. Iowa Workforce Development "veterans representatives" have ensured that our veterans are well equipped to weather the harsh winter months with winter boots, shoes, coats and clothing donated by residents and businesses of the Quad Cities area and of



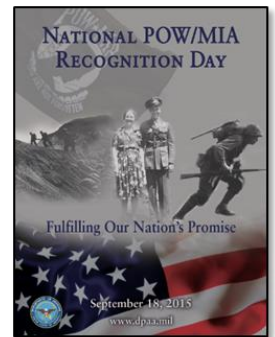
surrounding communities in Eastern Iowa. The point of contact for the event is [Craig Norris](#), 563-445-3200 ext. 43307.

### **DoD to Observe Constitution Day, Citizenship Day**

The Department of Defense will observe Constitution Day and Citizenship Day, **Sept. 17**, to commemorate the signing of the U.S. Constitution in Philadelphia on that day in 1787. Specifically, Congressional Appropriations Bill H.R. 4818, P.L. 108-447, requires federal agencies to provide new employees with educational and training materials on the U.S. Constitution as part of the new employee orientation materials; and provide all federal agency employees educational and training materials on the Constitution on **Sept. 17**. To assist in celebrating this event, training and educational materials will be provided to all DoD employees to encourage them to hold ceremonies and special programs. The [Web site](#) provides useful information and resources, including an interactive course that helps people learn more about the Constitution and how this landmark document continues to guide this nation. The Deputy Under Secretary of Defense for Civilian Personnel Policy said in 2008 that we have a special obligation to understand and appreciate the Constitution and the role we each play in providing "for the common defense. Observance of Constitution Day and Citizenship Day is one way for each of us to take some time to reflect upon our civic duties, rights and obligations through a renewed appreciation of this document." ([More](#))

### **National POW/MIA Recognition Day**

The Arsenal Island observance event, in previous years scheduled for the third Friday in September, will not be taking place this year. The third Friday in September, this year **Sept. 18**, remains a national observance. "Fulfilling Our Nation's Promise" is the theme for this year's Recognition Day. Observances of National POW/MIA Recognition Day are held across the country on military installations, ships at sea, state capitols, schools and veterans' facilities. This observance is one of six days throughout the year that Congress has mandated the flying of the National League of Families' POW/MIA flag. The others are Armed Forces Day, Memorial Day, Flag Day, Independence Day and Veterans Day. ([More](#))



### **U.S. Navy Seabees' 6<sup>th</sup> Annual Spaghetti Dinner**

The U.S. Navy Seabees' 6<sup>th</sup> Annual Spaghetti Dinner, this year commemorating the 50<sup>th</sup> Anniversary of the Vietnam War, will be held on Saturday, **Sept. 19**, at 5 p.m., at American Legion Post 26, 702 W. 35th St., Davenport. The dinner is hosted by U.S. Navy Seabees Veterans of America, Island X-2 Davenport, Vietnam Veterans of America 776, Davenport American Legion Post 26, and Eldridge American Legion Post 639. The cost of the dinner is \$10 and the evening will feature door prizes, raffles and a 50/50 drawing. Proceeds go to the Seabees unit who will donate the money to other organizations. Tickets are available at American Legion Post 26 or by calling [Bruce Cheek](#) at 563-349-4129.



### **RIA Retirement & Retreat Ceremony**

Rock Island Arsenal Award, Retirement & Retreat Ceremony Maj. Gen. Kevin O'Connell cordially invites you to attend the 4th Quarter FY15 Award, Retirement & Retreat Ceremony in honor of Soldiers completing years of service to our Nation from the Army Sustainment Command, First Army and Joint Munitions Command. The ceremony will be held Thursday, **Sept. 24**, at 2 p.m. in Heritage Hall, Bldg. 60. Uniform for personnel not participating in the ceremony is duty uniform

for military and casual for civilian. A sign language interpreter will be available for the hearing impaired.

### **8<sup>th</sup> Annual Cards for the Troops**

Please join us on Tuesday, **Sept. 29**, 6:30-9 p.m., at Heritage Hall, Bldg. 60, for the 8<sup>th</sup> Annual Cards for the Troops. Hand-made rubber stamp art cards are created by hundreds of volunteers under the guidance of local stamping artists for our deployed troops to mail home to loved ones. No stamping experience required. To date, 36,000 cards have been sent through Cards for the Troops to our military serving in Afghanistan, Iraq, Africa, and to those aboard our aircraft carriers, the USS Carl Vinson and the USS John C. Stennis. Seating is limited... please RSVP to: [mssipple1@gmail.com](mailto:mssipple1@gmail.com). Packagers needed also. Adults only (high school and older). There is no charge for this event. Please bring one roll of Scotch double-sided tape – all other materials supplied. See you there. ([More](#))

### **RIAWC Night at the Putnam**

Join the Rock Island Arsenal Welcome Club Friday, **Oct. 2**, 6-10:30 p.m., at the Putnam Museum in Davenport, for an exclusive "Night at the Putnam" commemorating D-Day: Normandy, 1944, the Men Who Gave Everything. Cost is \$35 and dress is business casual. Please RSVP by **Sept. 23** at [riawevents@yahoo.com](mailto:riawevents@yahoo.com) or call 563-343-0244. Heavy appetizers, cash bar will be available. All proceeds to towards RIAWC local scholarships and community support grants. Sponsored by DynCorp International.

### **All Hands For Vets**

Join Papa's Helping Vets and fellow military supporters for the Inaugural All Hands For Vets. AHFV is fundraiser supporting all veterans who serve our country in order to maintain our freedom. All Hands for Vets will be held at CRU Wine Bar (221 Brady St., Davenport) on Saturday, **Oct. 3**, from 2 to 6 p.m. The event will consist of guest veteran bartenders, martini and wine vendors, tasty eats, signature cocktails, a silent auction, and a raffle featuring Quilts for Valor. There will be a \$10 suggested donation. All proceeds will benefit Papa's Helping Vets, Inc. Papa's Helping Vets is a 501(c)3 nonprofit organization established by volunteer veterans and their families, in an endeavor to provide our displaced service men and women the basic means of establishing a home. Doug (Papa) Dee, his wife Jude and our volunteers have been helping veterans and other homeless families, realize a better life, by providing them with everything from bedding to kitchen needs and of course furniture since 2007. These men and women, in the Quad City area, for different reasons, have become homeless. Through partnering with other organizations Papa's Helping Vets, Inc. has been able to help them set up new lives in their dwellings.



### **Illowa Bi-State Combined Federal Campaign Kick-off and Charity Fair**

The Illowa Bi-State Combined Federal Campaign will officially begin here on Rock Island Arsenal with this year's CFC Kick-Off event being held Wednesday, **Oct. 7**, 10 a.m. – 1 p.m., in Heritage Hall, Bldg. 60. Visit with area charities to learn how they serve our community and how CFC impacts them, enter to win a free gift basket, enjoy a bake sale items (proceeds to CFC), munch on free popcorn, and buy your lunch in the cafeteria – walking tacos will be the featured item (proceeds to CFC). The mission of the CFC is to support and to promote philanthropy through a voluntary program that is employee-focused, cost-





efficient and effective in providing all federal employees the opportunity to improve the quality of life for all. The charities you support through the CFC focus on people, animals and environments that really need help - including the hungry, homeless, sick, elderly, children and families in need. They may be your relatives, friends, neighbors or co-workers. They may be down the street, across the country or across the globe. CFC is the world's largest and most successful annual workplace charity campaign, with more than 300 CFC campaigns throughout the country and internationally to help to raise millions of dollars each year. Pledges made by federal civilian, postal and military donors during the campaign season support eligible non-profit organizations that provide health and human service benefits throughout the world. The CFC was started in 1961 by President John F. Kennedy and is the only authorized solicitation of employees in the federal workplace for charitable organizations.

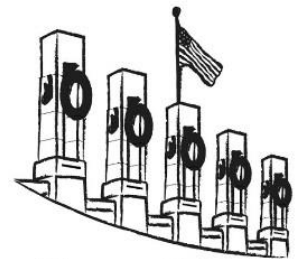
### **Rock Island Arsenal Military Retiree Appreciation Day**

Military retirees from throughout the Quad Cities and beyond are invited to the annual Military Retiree Appreciation Day hosted on Rock Island Arsenal, Saturday, **Oct. 24**, 7:30 a.m. to 1 p.m., in Heritage Hall, Bldg. 60. The annual event for those who retired from military service provides a chance for retirees to receive flu shots and update retiree identification cards. Keynote speaker at this year's event is retired Lt. Col. Shane Ostrom, Deputy Director for Financial Information of the Military Officers Association of America. In addition to these services, retirees can see presentations from the Retirement Services Office; the Veteran's Administration; Honor Flight, Family and Morale, Welfare and Recreation; Delta Dental; Express Scripts; a legislative update from the Military Officers Association of America; Federal Long-term Care Insurance program; numerous other exhibitors including the Voting Assistance Office; the post legal office; Rock Island National Cemetery; and the Rock Island Arsenal Museum, will also be on hand. Please email: [gcmrad@gmail.com](mailto:gcmrad@gmail.com) or call 563-508-5123 to make reservations.

### **Pillars of Honor Coming to Quad-City Area**

The "Pillars of Honor," an original scale model of the World War II Memorial in Washington D.C., will be unveiled during a program honoring veterans and their families on Sunday, **Oct. 25**, at 1 p.m., at the Camden Centre, 2701 1st Street East, in Milan, Ill. The exhibit and event is brought to you by Pillars of Honor, Inc., an Illinois non-profit organization dedicated to honoring WWII veterans unable to travel to Washington D.C. to see their memorial in person. Pillars of Honor brings the memorial to them. You may learn more at

[www.pillarsofhonor.org](http://www.pillarsofhonor.org). This is the original scale model that was used by Senator Bob Dole to present the memorial design to Congress. It was designed by Friedrich St. Florian from Providence, Rhode Island. Pillars of Honor has this model on loan for a limited time before it has to be returned and placed in the Smithsonian. Don't miss this once in a lifetime event. Our WWII veterans now number less than three million. The average age of these veterans is 90 years old and we are losing these valuable souls at an alarming rate of 1,200 each and every day. These veterans are missing out on the opportunity to get first-hand knowledge about their memorial and more importantly receive recognition for their contribution to our nation. This Day of Honor experience gives veterans the opportunity to learn about their memorial, talk with other veterans and reflect upon the sacrifices they and others made during one of the most trying times in the history of the United States. Kindly register your WWII veteran's attendance at your earliest convenience, no later than **Oct. 18** to be included in the souvenir program book. To: 309-235-3170 or Pillars of Honor, Inc, 770 Lee Street, Suite 103, Des Plaines, IL 60016 or call 847-954-0520 or email: [info@pillarsofhonor.org](mailto:info@pillarsofhonor.org) for more information.



Pillars of Honor



### **Congressman Lane Evans Celebration**

The Black Hawk College Foundation will celebrate the life and work of Congressman Lane Evans Tuesday, **Nov. 3**, at 6 p.m., at Lavender Crest Winery on Route 6 in rural Colona, Ill. All proceeds will support Black Hawk College Veterans Resource Center and student scholarships. Tickets are \$50. More information? Call Jessica Malcheff at 309-796-5052.

### **Arsenal Island Employee Local Discounts**

*The following discounts are exclusively available to Arsenal Island employees —* **The Venue:** Located at 1405 5<sup>th</sup> Ave. in Moline, we would like to say thank you to all Rock Island Arsenal personnel – bring in your Arsenal ID/badge on Mondays and receive a 20 percent discount on food and soda (this excludes family feast special). **New Life Chiropractic Clinic:** All Arsenal Island military and civilian employees will receive a 10 percent discount off its services located at 2500 18<sup>th</sup> Street in Bettendorf. **Chocolate Manor:** All Arsenal Island military and civilian employees will receive a 10 percent discount off their total purchase on any of our award winning homemade chocolates at 110 E. 2nd St., Davenport, just show your ID. **Roosters Sports Bar and Grill:** All military and civilian's get 10 percent off their bill. Come head down for lunch at 2130 3<sup>rd</sup> St., Rock Island, new specials daily. **Peachwave Frozen Yogurt:** Peachwave, 3431 Devils Glen Rd., Bettendorf, offers a 10 percent discount every day to all military and veterans. *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*



## **Arsenal Traffic/Construction**



### **Parking Lot Restriping to Occur From August through October**

During **August through October** DPW will be restriping parking lots on the installation. This will include improvements for accessible parking near visitor locations as discussed here: • Convert existing visitor parking spaces into accessible spaces in Lot 1R, the courtyard of Bldg. 110. Spaces will serve health clinic patrons. • Convert open parking into two accessible spaces in the NE corner of Lot 1O. Spaces will serve visitors to the ball fields and events in Memorial Park. • Convert open parking in lot 1U into a total of four accessible spaces; two located near the newer accessible playground and two located near the pavilion. Spaces will serve Memorial Field visitors. Striping in other parking lots will be similar to existing. Striping will be done during times when parking lots are typically vacant and cones or warnings will be posted in work areas.

### **Building Demolition Notification**

The Rock Island Arsenal Garrison began demolition of eight structures on July 27, which will last until Sunday, **Jan. 31**. Buildings 105 and 157 will have temporary fencing with warning signs around the site perimeter during demolition. The other buildings are remote or away from public encroachment and will not be fenced, but signs will be installed warning of the demolition. Demolition of Bldg. 157 is planned for Monday, **Aug. 31**, through Friday, **Oct. 2**; during this building demolition the east section of Parking Lot 1K will be closed. Reserved parking impacted by this project will be relocated as close to the entrance of Bldg. 110 as possible. Specific dates for

demolition of other buildings are not known at this time. Pedestrians and drivers should not enter demolition zones and should be vigilant of extra traffic and equipment during demolition.

### **Rock Island Viaduct Sidewalk Closed to Pedestrians**

"Sidewalk Closed" signs have been erected at either end of the Rock Island Viaduct sidewalk. These signs were placed because of the tripping hazard that the condition of the sidewalk presents. Attached illustration indicates the suggested alternative route (STR276 American Discovery Trail and Pedestrian Bridge) during the closure.



## **Building/Space Closures**



### **Elevator Closures in Bldg. 390**

Effective July 27, the U.S. Army Corps of Engineers, Louisville District, took the freight elevator out of service in Bldg. 390. Closure is required to install new upgrades which will allow the elevator to be used as both a freight and passenger elevator. Duration of work is expected to last approximately two months. Upon completion of work, the freight elevator will be placed back into service and the passenger elevator will then be taken out of service to allow for upgrades and modernization. Completion of work on the passenger elevator is expected to be complete by the end of October. ASC Pamphlet 690-2 provides the policies and procedures to be used when the elevators are out of service.



## **Active Duty/Reserve Zone**



### **Black Socks with PT Uniform atop Issues Facing Army's Enlisted Leader**

Are black socks more stylish than white socks? Since becoming the top enlisted soldier earlier this year, Sgt. Maj. of the Army Dan Dailey has held town hall meetings throughout the world, explaining to soldiers his vision for the future of the force. Of the wide range of topics that Dailey usually discusses with his enlisted charges, it's uniform changes — most notably, the desire to wear black socks with the Army's new physical fitness uniform — that elicit the strongest response. The question of whether black socks will eventually be permitted to be worn with the mostly black PT uniform has come up at nearly every town hall event Dailey has hosted since June, when he asked soldiers at Fort Meade, Md., if they would prefer black socks with the new uniform. ([More](#))

### **Changes Coming to TRICARE Pharmacy Benefit**

A new law going into effect Oct. 1, requires most TRICARE beneficiaries to get brand name maintenance drugs from TRICARE Pharmacy Home Delivery or a military pharmacy. If beneficiaries keep using a retail pharmacy for these drugs, they will have to pay the full cost. Active-duty service members are exempt from the law's requirement. Maintenance drugs are those you take regularly for a long time, such as drugs to control blood pressure or cholesterol. The law doesn't apply to drugs you take for a short time, like antibiotics, or generic drugs. The law also

doesn't apply to beneficiaries living overseas, or who have another insurance plan with prescription drug coverage. "The advantage of using military pharmacies, such as the one at Raymond W. Bliss Army Health Center [RWBAHC], for TRICARE beneficiaries is in a significant cost savings for maintenance medications," said Teresa Nord, the RWBAHC pharmacy chief. "At RWBAHC, there is no co-pay for up to a 90-day supply." TRICARE beneficiaries can call 1-520-533-2520 to find out if their medication is available at RWBAHC. ([More](#))

### **Battle for the Rock**

The Battle for the Rock - Modern Army Combatives Program Tournament, sponsored by Army Sustainment Command and First Army, will take place **Sept. 12** at the Rock Island Arsenal Fitness Center kicking off at 8 a.m. Championship bouts starting will be 2-4 p.m., with the awards presentation immediately following last bout. Participants should include Soldiers and teams on Rock Island Arsenal and in the general area. (Team size will not exceed 14 Soldiers; teams can have a maximum of two fighters per weight class). Registration forms must be received no later than **Sept. 10**. Weigh-ins will be **Sept. 11**, 10 a.m. - 12 p.m., at the Fitness Center. All registrations must be scanned and emailed to [david.r.stephenson8.mil@mail.mil](mailto:david.r.stephenson8.mil@mail.mil) or mailed to United States Army Sustainment Command, WODA USA SUSTAINMENT CMD, 390 / Rm HHC Command Suite Basement SW, Rock Island, IL 61299, ATTN: SFC Stephenson. For more information call 309-782-3234.



### **Military Fatherhood Program, Fishing Outing**

Dads and Kids, let's get together Thursday, **Sept. 17**, 5:30-7:30 p.m., for a fishing derby. Join us for an evening of fishing, food and fun. Dinner will be provided along with a special gift for all participants. Please bring a fishing pole if you have one. RSVP to 309-782-3049 or [jennifer.a.kerr10.civ@mail.mil](mailto:jennifer.a.kerr10.civ@mail.mil) ([Flyer](#)) ([More info and directions](#))

### **Military Singles & Geo-Bachelors - A Night of Goulshness**

Come all ranks and all branches to the USO of Illinois-Rock Island Military Singles & Geo-Bachelors Night on Wednesday, **Oct. 7**, 5-7 p.m., in the USO spaces, SE wing, Bldg. 110. The October theme for the evening is "A Night of Goulshness" and will featured a menu to include "Eye of Newt" soup (turkey meatball and veggie soup), "Grass from the Tomb" (salad), "Rotten stones" (wheat rolls), and "Worms & Dirt" (dessert).

### **Military 4-H Scrapbooking SPIN Club**

Explore, Engage, Innovate... the world of scrapbooking. Take photos you have and create a scrapbook that will last a lifetime. Each month youth will learn a new scrapbooking technique and create a page. Snacks will be at each meeting. Eligibility includes military youth, ages 12-18. This program will meet every 3<sup>rd</sup> Wednesday of the month, **Feb. 18 to Dec. 16**, 5:30-7 p.m., in the Cassion Room, in Bldg. 60. Cost includes a supply fee of \$20; non-4-H members add a \$20 program fee (fee waivers available upon request). [Register online today!](#) Or for more information call the University of Illinois Extension, Rock Island County 4-H Office at 309-756-9978.

University of Illinois Extension provides equal opportunities in programs and employment. If you need a reasonable accommodation to participate call 309-756-9978 at least two weeks in advance.

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# Safety Spotlight



ARMY SAFE  
IS ARMY STRONG



## Motorcycle Riding Courses

The Garrison Safety Office is offering Motorcycle Riding Courses for military personnel. The motorcycle rider training program is certified by the Motorcycle Safety Foundation. The courses are designed to help riders manage their risk and increase their skills through riding and classroom instruction. Per DODI 6055.4, DOD Traffic Safety Program, military personnel who operate motorcycles must be appropriately licensed to operate on public highways and must have successfully completed an approved rider or operator safety course meeting the MSF-based State-approved curriculum. Any military member operating a motorcycle on or off Rock Island Arsenal must be in possession of a MSF card when they ride to verify completion of required training. The motorcycle training courses at RIA are scheduled as follows:

- Military Sport Bike Riding Course: **Sept. 22** (one eight-hour day)
- Basic Motorcycle Riding Course: **Sept. 23-24** (two eight-hour days)

Registration for courses is through the web-based "AIRS" system at

<https://imc.army.mil/airs/default.aspx>

Note: Each course is limited to 12 riders. If a minimum number of riders is not realized or if a need for a particular class is greater than the number of classes scheduled, a class may be cancelled or shifted. If the need exists for additional classes or you need further information please contact either Nancy Carlson or Michael Chaplin via phone extension 309-782-1380 or via email [nancy.l.carlson.civ@mail.mil](mailto:nancy.l.carlson.civ@mail.mil) or [michael.j.chaplin.civ@mail.mil](mailto:michael.j.chaplin.civ@mail.mil), respectfully.

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# Equal Employment Opportunity Focus



## EEOC Issues Updated Federal Sector Guidance

The U.S. Equal Employment Opportunity Commission issued an update of its Management Directive 110 (MD-110). The revised MD-110 is available on the EEOC's website at [www.eeoc.gov/federal/directives/md110.cfm](http://www.eeoc.gov/federal/directives/md110.cfm). The new MD-110 provides federal agencies with updated Commission policies, procedures, and guidance relating to the federal sector complaint process as set forth in 29 C.F.R. Part 1614. This is the first major revision to MD-110 since 1999 and reflects new developments in case law, as the federal workplace and EEO practices have evolved. The revised directive also includes changes required after EEOC amended certain sections of the regulations governing the federal sector Equal Employment Opportunity process in 2012.

([More](#))



# Morale, Welfare & Recreation



## Morale, Welfare & Recreation (MWR)

Visit the MWR website at [www.riamwr.com](http://www.riamwr.com) for information on all MWR programs.

### MWR Text Alerts

Grab your mobile phone and text **EZZHV32984 4** to the number **313131** to join our text list and have all the latest and greatest MWR news delivered right to your phone. We'll keep you up to date with all the fun and exciting upcoming MWR events and programs as well as coupons and special offers available only to text alert subscribers. Message and data rates may apply and you can opt out at any time by replying "stop" to **313131**. Check out the flyer for a quick and easy QR code that you can scan with your smartphone to automatically generate the message for you. ([Flyer](#))



### Lunch Service at the Arsenal Island Clubhouse

Has it been a while since you've had lunch at the Golf Clubhouse? If so come back, Tuesday - Friday, 11 a.m. - 1:30 p.m., and give it another try because we've got some exciting new options that are sure to fit your appetite and schedule. Try the daily soup, salad and sandwich buffet featuring a delicious house made soup du jour and fresh baked breads for just \$9/person. Maybe your lunch break is short and you don't have time for a sit down meal, we've got you covered there too. Order a sandwich or burger off the grab and go menu and you'll be out the door in no time. The menu is available here: [www.arsenalislandgolf.com/riagolfclub/assets/Image/Golf-Clubhouse-Grab-Go-Menu%281%29.png](http://www.arsenalislandgolf.com/riagolfclub/assets/Image/Golf-Clubhouse-Grab-Go-Menu%281%29.png)

### Change to Total RX Group Fitness Class Schedule

Beginning on **Sept. 9**, the Total RX Group Fitness Class at the Fitness Center will be held a half hour earlier in the morning from 5:30-6:30 a.m. Call 309-782-6787 for more info on this or any of the other group fitness classes at the Fitness Center, or visit the website at: [www.riamwr.com/community-recreation/fitness-center-adult-sports](http://www.riamwr.com/community-recreation/fitness-center-adult-sports). ([Flyer](#))

### Paintless Dent Repair

Back by popular demand, the paintless dent repair technician will be available for repairs on Wednesday, **Sept. 16**, 9 a.m. - 2 p.m., Auto Skills Shop. If you have small dings, dents and other imperfections in your vehicle it may be possible to have them fixed without the excessive costs of more traditional body work. Call 309-782-8631 for more information and to schedule an appointment. ([Flyer](#))

### Deadline to Register for Adult Flag Football League

Get your team together and get registered before Friday, **Sept. 18**, for the upcoming flag football season. Games will be played on Wednesday nights starting on Thursday, **Sept. 24**. Registration packets are available at the Fitness Center. For more info please call 309-782-5124. ([Flyer](#))

### **Quad Cities Marathon Volunteers Needed**

Seeking volunteers for the Quad City Marathon to help with water stations, traffic control, and key locations to assist the runners with course directions. All volunteers will be used on Arsenal Island for this leg of the marathon. Volunteers will receive a free t-shirt. If interested, please contact Desiree Aidala at the Fitness Center, 309-782-6789.

Date: **Sunday, Sept. 27**

Time: **7 a.m. – 1 p.m.**

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## **MWR Leisure Travel Office**



### **Office Hours**

Monday through Friday, 9 a.m. – 3 p.m., Bldg. 333. The office is closed for lunch from 10:30–11 a.m., 309-782-5890. ([email](#)) ([website](#))

### **Leisure Travel & Outdoor Recreation Closures**

The Leisure Travel Office and Outdoor Recreation will be closed for mandatory training.

Date: **Wednesday, Oct. 7**

Time: **8:15 a.m. - 12:15 p.m.**

### **Leisure Travel & Outdoor Recreation Closure**

Leisure Travel and Outdoor recreation will be closed from 8:15 a.m. - 1:15 p.m. for mandatory training.

Date: **Wednesday, Oct. 14**

### **COMNAV System Updates**

During this period, Wednesday - Wednesday, **Sept. 16-23**, the system that the Leisure Travel Office uses to purchase Disney World and Universal Tickets is unavailable due to their yearly audit. Please keep this in mind when doing vacation planning and as always please make sure to book your tickets at least three weeks in advance of your travel to allow for processing and shipping. Call the Leisure Travel Office at 309-782-5890 for more info.

### **Waves of Honor**

Waves of Honor SeaWorld Parks & Entertainment - We Salute Veterans! A one-time limited free admission to either Sea World San Diego or San Antonio per veteran service member and up to three guests. Go to [WavesofHonor.com](http://WavesofHonor.com) to register for and obtain your free tickets. \*These tickets must be obtained online only\*

### **Chicago/Schaumburg Attractions**

Experience the best that Chicago has to offer for less with the Top 5 Attraction Pass. This savings pass is your ticket to getting the most out of the must-see attractions in Chicago. Shedd Aquarium, Skydeck Chicago, The Field Museum, Museum of Science and Industry - Chicago, John Hancock Observatory, Adler Planetarium, Art Institute of Chicago. Adult MWR \$83, Gate \$96; Child MWR \$68.50, Gate \$79.

### **Discount Amusement Park Tickets and More at Leisure Travel**

Memorial Day is the unofficial kick off to summer and Leisure Travel has discounts on all kinds of summer activities. Whether you are looking to book a cruise, need help finding a hotel, or just want to ride the rides at Adventureland or Six Flags Great America, Leisure Travel is the place to start. Call 309-782-5890, stop by the office in Bldg. 333 (next to the PX), or [visit our webpage](#) for more info and prices.

### **Disney LIVE! Three Classic Fairy Tales**

Join Mickey, Minnie, Donald and Goofy as they take audiences on a captivating journey and magically bring to life three timeless fairy tale adventures. Discover Snow White as she searches for her one true love; Cinderella getting ready for her magical night at the ball; and Belle, from Beauty and the Beast, as she finds happiness in the most unusual place. Anchored amidst a transforming set, captivating choreography, innovative lighting and breathtaking costumes, this authentically-woven tale of “happily-ever-after” is a heart-warming Disney experience for the entire family. Children One & older need a ticket. Leisure Travel has discounted seats for both performances. Show times at 4 p.m. and 7 p.m. Seats on sale until **Oct. 9**.

Date: **Friday, Oct. 16**

### **Circa 21 Presents: Route 66**

Circa '21's tradition of presenting musicals that feel as comfortable as your favorite sweater, Route 66 is a new romantic comedy featuring a catchy story, with songs and clever down home lyrics that move to the rhythm of America. Leisure Travel has discounted seats on sale until **Oct. 2**.

Date: **Saturday, Oct. 17**

Time: **6 p.m.**

### **Adventureland Ticket Supply Exhausted**

The Leisure Travel Office has sold out of their yearly supply of Adventureland tickets but we still have Six Flags Great America tickets and we also have Six Flags Fright Fest Tickets. Call 309-782-5890 for more info and to reserve your tickets.

### **Davenport Cinemark 53<sup>rd</sup> 18 + IMAX Theatre**

Leisure Travel is selling Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53<sup>rd</sup> 18 + IMAX theatre (formally 53<sup>rd</sup> cinemas and RAVE cinemas) These tickets have no restrictions or expiration date.

### **Choice Hotels**

Choice Hotels® offers great hotel rooms at great rates. Find and book your hotel reservation online today for our Best Internet Rate Guarantee! Use Corp ID # 00230540 to get reduced rates.

[www.choicehotels.com](http://www.choicehotels.com)

# Child, Youth & School Services



## Back to School Bash

Hey 6<sup>th</sup> – 12<sup>th</sup> graders, get all of your friends together Saturday, **Sept. 26**, 5-8 p.m., and get to the School Age Center (Bldg. 150) for our annual back to school bash. Reconnect with friends you didn't see over the summer and make lots of new ones too. There will be free food, air hockey, pool, foosball, Xbox Kinect and lots of prize drawings. RSVP by **Sept. 11** by calling 309-782-1651. See you there. ([Flyer](#))

## Covenant Cottage Child Development Home

Covenant Cottage Child Development Home is available for backup, emergency, and hourly care for ages four weeks through 12 years. The home is located on post and is open from 6 a.m. – 6 p.m. Monday through Friday, Tuesday and Thursday evenings and Saturday mornings. Army Family Covenant Guidelines state deployed Soldiers are entitled to 16 hours free respite childcare per child, per month. For reservations call 309-782-6793. We encourage you to call as far in advance as possible because spaces fill quickly.



# Army Community Service



ACS is located in Bldg. 110, 1<sup>st</sup> floor SE; [Visit our ACS website](#) or phone 309-782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here](#). 24/7 Sexual Assault Hotline: **309-229-8412**.

## Scream Free Marriage Course

This free class conducted on Tuesdays, **Sept. 8, 15, 22 & 29**, 5-7 p.m., in the Army Community Service Training Room (Bldg. 110), will provide participants with new skills and techniques to assist them in effective communication with their partner. Four sessions are offered for this course, check the flyer for specific class topics and RSVP by calling 309-782-0829. ([Flyer](#))



# Employee Assistance Program



ASAP/EAP is located in Bldg. 56, 1<sup>st</sup> floor; visit our [ASAP/EAP website](#) or phone 309-782-4357 or 309-782-HELP. Office hours are from 7 a.m. - 4:30 p.m., Monday through Friday. After Hour Emergencies: 309-782-6116. Rock Island Arsenal Emergency Services will contact an EAP counselor who will call you back promptly. In addition, [a list of our classes & groups with dates, locations, and times, is located here](#). [Find us on Facebook click here](#).

## Prescription Drug Take-Back Day

More Americans currently abuse prescription drugs than the number of those using cocaine, hallucinogens, and heroin combined, according to the 2009 National Survey on Drug Use and Health. Each day, approximately 2,500 teens use prescription drugs to get high for the first time according to the Partnership for a Drug Free America. Studies show that individuals who abuse prescription drugs often obtain them from family and friends, including from the home medicine cabinet. Also, there has been a drastic increase in the amount of hospital visits due to poisonings from medication for children five and under. In addition, many Americans do not know how to properly dispose of their unused medicine, often flushing them down the toilet or throwing them away which are both potential safety and health hazards. Free your mind from the worry of finding that your old and expired medication is missing. The Army Substance Abuse Program is providing an opportunity to dispose of your unused and expired prescription drugs. On **Sept. 30**, the ASAP and law enforcement will be collecting unused and expired prescription drugs at the following place and time: **Sept. 30**, 6-8:15 a.m. and 2:30-4:45 pm., at the Memorial Field Pavilion. We are unable to accept needles or syringes. For more information about the prescription drug take-back day call the Army Substance Abuse Program at 309-782-4357.



## Suicide Awareness Month – September

Would you know what to do if someone told you they didn't want to live anymore? Each year, almost 30,000 people die by suicide in the US, and seventy percent of those give warning signs or tell someone about it in advance. Friends and family members are often the best resources to prevent suicide. If someone you care about is saying things like: 'Life isn't worth living,' 'I won't be around to deal with that,' or 'I just can't handle it anymore—life is too hard,' seek help immediately. Talking to a friend or loved one about suicide can be scary, but keeping it a secret could lead to tragic results. Suicide is a fatal response to a treatable, and reversible, condition – that condition most often being depression. It is important that you seek help for yourself or for another person if you notice the following: • Feelings of hopelessness about the future; • Acting reckless or engaging in risky activities; • Feeling trapped; like there's no way out; • Increased alcohol or drug use; • Withdrawing from friends, family and society; • Increased anxiety, agitation, inability to sleep or sleeping all the time; • Dramatic mood changes; • Excessive interest, talk, or writings focused on death, dying or suicide; • Believing there is no reason for living; having no sense of purpose in life. Call 9-1-1 or seek immediate help from a mental health or medical provider if you notice the following: • Someone threatening to hurt or kill him/herself, or talking of wanting to hurt or kill him/herself and having a specific plan to carry out the act; • Someone looking for ways to kill

him/herself by either having or seeking access to firearms, available pills, or other lethal means. The Rock Island Arsenal Employee Assistance Program would like to remind you that confidential counseling services are available to you and your immediate family members at no cost. Call 782-4357 to schedule an appointment. If you are experiencing a crisis and need immediate assistance, you can access the National Suicide Prevention Lifeline at 1-800-273-TALK, anytime 24/7.

## Education/Training Review



**The Rock Island Army Education Center is located in Bldg. 56, 1<sup>st</sup> floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: 309-782-2065 Fax: 309-782-7901. [Please visit our website to learn more.](#)**

### **RIA Army Education Center Commencement Recognition Ceremony**

The Rock Island Arsenal Army Education Center will host the Annual Commencement Recognition Ceremony Wednesday, **Sept. 9**, in Heritage Hall, Bldg. 60. The ceremony begins at 1 p.m. with a reception to follow. Any Soldier who has graduated during FY15 is encouraged to participate. The purpose of the ceremony is to provide an occasion for service members to express pride in their academic accomplishments and for the Department of the Army to acknowledge the same. Please contact the Education Center at 309-782-2065.

### **Employment-Education Event at Rock Island Arsenal – Sept. 29**

The Directorate of Human Resources, U.S. Army Garrison, will be hosting the Semi-Annual Employment-Education Event on Tuesday, **Sept. 29**, 9:30 a.m. – 1 p.m., in Heritage Hall, Bldg. 60. The target audience is active duty, Reserve, and National Guard Soldiers, Retirees, veterans, and Family members. More than 50 employers, academic institutions and Veterans Service Organizations from throughout the Midwest will be in attendance. Employers may have jobs available in locations nation-wide as well as in the Quad Cities area. Academic institutions will have experts on hand to provide information on programs of study as well as on the GI Bill and scholarship opportunities, for both local and online classes. Veterans Service Organizations will be available to assist with resources, benefit information, and resume development. If you are searching for employment, please come ready; have resumes to hand out and be appropriately dressed. If you would like individual resume or interview training prior to attending this event, and you are an active duty or Retired service member or eligible Family member, you may contact Chris Gegenheimer, Army Community Services, at 309-782-0815, or email [christopher.j.gegenheimer.civ@mail.mil](mailto:christopher.j.gegenheimer.civ@mail.mil). Any questions about the event can be directed to Sharon Lampert, 309-782-7780 or Lafayette Ausborn, 309-782-4799, or email: [usarmy.ria.usag.mbx.hrm-tsm@mail.mil](mailto:usarmy.ria.usag.mbx.hrm-tsm@mail.mil). Do something today that your future self will thank you for.

### **Area Schools to Visit RIA**

The [Army Continuing Education Systems Rock Island Arsenal](#) is coordinating with Quad-City area schools to have them visit with eligible Ed Center patrons where they will meet with school representatives and learn about educational opportunities in the Quad Cities. These visits will take place in Bldg. 56, Room 121, 10 a.m. – 2 p.m. The schedule for this fiscal year is: • Ashford University, **Sept. 17, Dec. 17, March 17, and June 16**; • Black Hawk College, **Oct. 8, Jan. 14**,

**April 14, and July 14; • Eastern Iowa Community College, Oct. 1, Nov. 5, Dec. 3, Jan. 7, Feb. 4, March 3, April 7, May 5, June 2, and July 7; • Kaplan University, Nov. 19, Feb. 18, May 19, and Aug. 18; • Saint Ambrose University, Oct. 15, Jan. 21, April 21, and July 21; • Trinity College of Nursing & Health Sciences, Oct. 29, Jan. 28, April 28, and July 28; • University of Dubuque, Nov. 12, Feb. 11, May 26, and Aug. 11; and • Upper Iowa University, Sept. 16, Dec. 10, March 10, and June 9.** Meet with school representatives and learn about educational opportunities in the Quad Cities.

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## Defense Commissary Agency / Exchange



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: [www.commissaries.com](http://www.commissaries.com) ([Facebook](#))

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## Arsenal Archive



Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

### **This Week in Rock Island Arsenal History – Aug. 31-Sept. 6**

In September 1877, the sun dial located at the end of Gillespie Avenue near Quarters One was dedicated. On Sept. 4, 1918, Beatrice Campbell was hired as forelady of the fuze department in the ammunition loading plant (Shop L – Bldg. 250). In September 1910, a chemical laboratory was organized and equipped at RIA with a permanent full time chemist placed in charge of the operation. In September 1866, excavation began for Shop C (Bldg. 104). Congress established employee compensation for accidents that occurred on the job on Sept. 7, 1916. In September 1841, Congress asked for a thorough examination of potential sites for an armory in the west. Rock Island was included in the survey.

# Healthbeat

## **Add Fruits and Veggies to Diet for Better Nutrition**

Today's consumer is constantly bombarded with food messages, from companies boasting "the ultimate performance food" to celebrities endorsing "the next miracle cure." With all of these competing messages, it can be hard to know which foods to choose for optimal health. Yet nutrition doesn't have to be confusing or complicated and you can start to improve your diet today with one simple action: eat more fruits and veggies. It may seem obvious, but according to a new study from the U.S. Centers for Disease Control and Prevention, as much as 80 percent of Americans do not get the daily-recommended amount of these essential foods. Why fruits and veggies? According to the Dietary Guidelines for Americans, fruits and vegetables should be consumed more than any other food group because of their many benefits. First, fruits and vegetables are low in calories and high in fiber. Fruit and vegetables fill you up and keep you feeling full longer, making them the perfect choice to help you reach or maintain a healthy weight. Second, fruits and vegetables are great sources of key nutrients linked to a reduced risk of developing certain chronic diseases. They are loaded with fiber to help with digestion and keep the digestive system operating optimally. ([More](#))

## **Beware the Blister: A 'Minor Injury' That Can Slow You Down With Serious Pain**

Most of us have experienced the pain of having a friction blister. Friction blisters form when an object (such as a sock, shoe or strap) is repeatedly moved across the skin with enough force to cause the layers of skin to release heat. The heat causes redness and a separation (or 'cleft') between the outermost layer of the skin and rest of the skin layers. The cleft fills with fluid causing a raised area on the skin. They typically form on the toes, feet and ankles but can also occur on the hands or other places where there is repeated rubbing (such as on the torso from the straps of a heavy backpack.) Because these injuries often only cause discomfort and don't require medical treatment, they are sometimes described as "just a blister." However, some blisters become serious and temporarily debilitating for Soldiers and athletes. Blisters can force you to restrict your activity and limit physical training. In some cases, friction blisters develop into infections that require antibiotics and medical treatment. As one of the most common injuries among active duty military, friction blisters can have a notable adverse impact to military readiness. ([More](#))

## **Suicide Prevention Starts With You: Learn To Identify, Act on Warning Signs**

Your boss gives you a poor performance review. Your girlfriend says, "That's it. I'm gone." You're afraid your pay won't stretch to cover both your rent and your credit card bill. We have all experienced blows to our self-esteem, problems at work, losses of people important to us and anxiety about how to pay our bills. So if these things are happening to a friend, you can understand how they are feeling. But how do we recognize when that friend is considering suicide? Here are some scenarios that illustrate warning signs and some stressors that might put someone at risk for suicide: Mike was always punctual, safe and careful. These days he is often late to work and has been missing meetings. He's also driving his motorcycle irresponsibly as if it was a game, cutting in and out of traffic. He had set his sights on Ranger school but recently learned he was not accepted. Major changes in behavior and reckless behavior may signal that a person is contemplating suicide. ([More](#))



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# Notes for Veterans



## **Non-Retired Veterans Are Eligible Too at Shades of Green Resort on Disney Property**

Are you one of the many who served your country in the US Military for less than the 20 years required to retire? Perhaps it wasn't right for you, you moved on to a better job, or you wanted more stability. Well now with their "Salute to Our Veterans" Program, Shades of Green is accepting reservations from non-retired US military veterans for stays in January and September. This includes use of the Shades of Green ticket sales office, for Disney (Disney Armed Forces Salute excluded) and other Orlando area military discounted tickets. Shades of Green the military resort located on Walt Disney World property began this offer for non-retired Vets in September 2010. Eligibility Requirements are: Those who served in the military for less than 20 years and received an honorable discharge are eligible to stay at Shades of Green during the months of January and September only. A DD-214 is required at check-in as proof of your honorable discharge. ([More](#))

## **Study Finds Link Between Agent Orange, Bone Cancer Precursor**

Servicemembers exposed to Agent Orange during the Vietnam War are at higher risk of developing the precursor stage of a bone marrow cancer, according to a study published Thursday in the Journal of the American Medical Association Oncology. The study provides the first scientific evidence for a link between the precursor stage of multiple myeloma — a cancer of white blood plasma cells that accumulate in bone marrow — and veterans exposed to the herbicide Agent Orange, according to the study's 12 authors, who are associated with medical centers across the U.S. The precursor, called monoclonal gammopathy of undetermined significance, or MGUS, is not in and of itself a problem. "MGUS is not a cancer," said Dr. Nikhil Munshi, who specializes in multiple myeloma at the Dana-Farber Cancer Institute at Harvard Medical School in Boston. "A very large majority of patients with MGUS remain MGUS all through their lives with no real consequence." ([More](#))

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# Around the Q.C.



- Sept. 11:** [Salute to First Responders - featuring Singer/Songwriter Rissi Palmer](#) (Col Ballroom, 1012 W 4th St, Davenport)
- Sept. 12:** [Battle for the Rock](#) (RIA Fitness Center)
- Sept. 12:** [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Downtown Davenport)
- Sept. 12:** [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)
- Sept. 12:** QC Talent Show (QC Music Guild, Rock Island)
- Sept. 12-13:** [Beaux Arts Fair](#) (Downtown Davenport)
- Sept. 18-19:** [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)
- Sept. 19:** [Brew Ha Ha](#) (LeClaire Park, Davenport)
- Sept. 19-20:** [Riverssance Festival of Fine Arts](#) (Village of East Davenport)
- Sept. 27:** [Quad Cities Marathon](#) (downtown Moline)
- Sept. 25-27:** [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)
- Oct. 3:** [Gigi's Run](#) (Veteran's Memorial Park, Bettendorf)
- Oct. 4:** [SmokeEater Scramble](#) (Riverdale, Iowa)
- Oct. 10:** [Trinity Quad Cities Classic Regatta](#) (Mississippi River in Moline)

**Oct. 11:** [Apple Fest](#) (Downtown LeClaire, Iowa)  
**Oct. 29:** [Fright Night](#) (The District, Rock Island)  
**Oct. 24:** [Lagomarcino's Cocoa Beano 5K Race](#) (Village of East Davenport)  
**Nov. 20-29:** [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)  
**Nov. 21:** [Festival of Trees Parade](#) (Downtown Davenport)  
**Nov. 21:** [Lighting on the John Deere Commons](#) (Downtown Moline)  
**Dec. 4-6:** [Heartland Emergency Response Conference Expo](#) (QCCA)

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# Island Insight



**[Col. Elmer Speights, Jr., Garrison Commander](#); [Eric Cramer](#), Public Affairs Officer; [Mark Kane](#), Editor**

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